EXPLORING CENTRAL REGION TRENDS AND INFLUENCES

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LIVE WELL SAN DIEGO

DEMOGRAPHICS, 2014

Central Region
Population:
499,760

Nearly **1 in 6** San
Diegans live in
Central Region.

Source: 2010-2014 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2014.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2016.
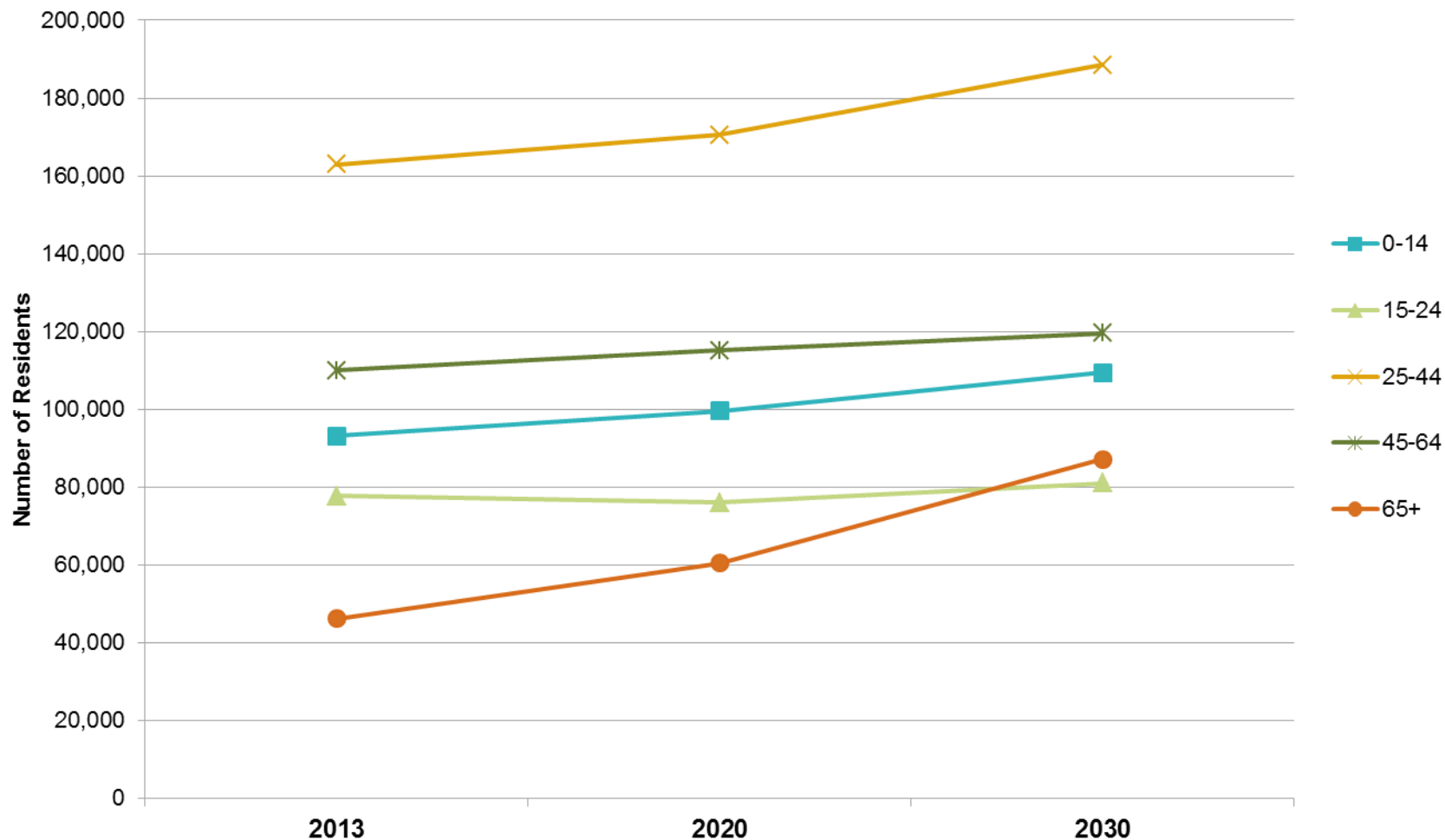
MEDIAN AGE

Median Age by Health and Human Services Agency Region, 2014
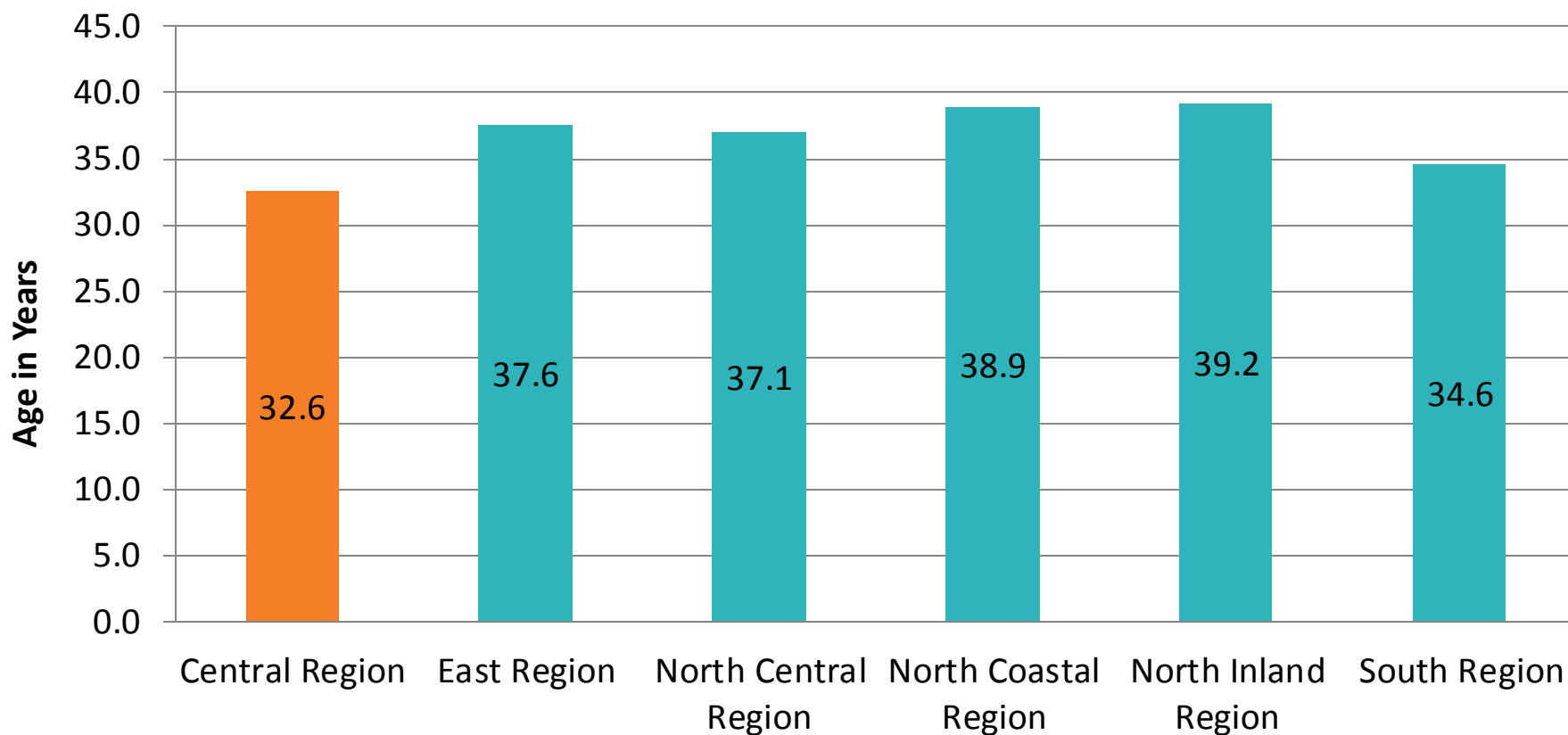
DEMOGRAPHICS, 2013-2030

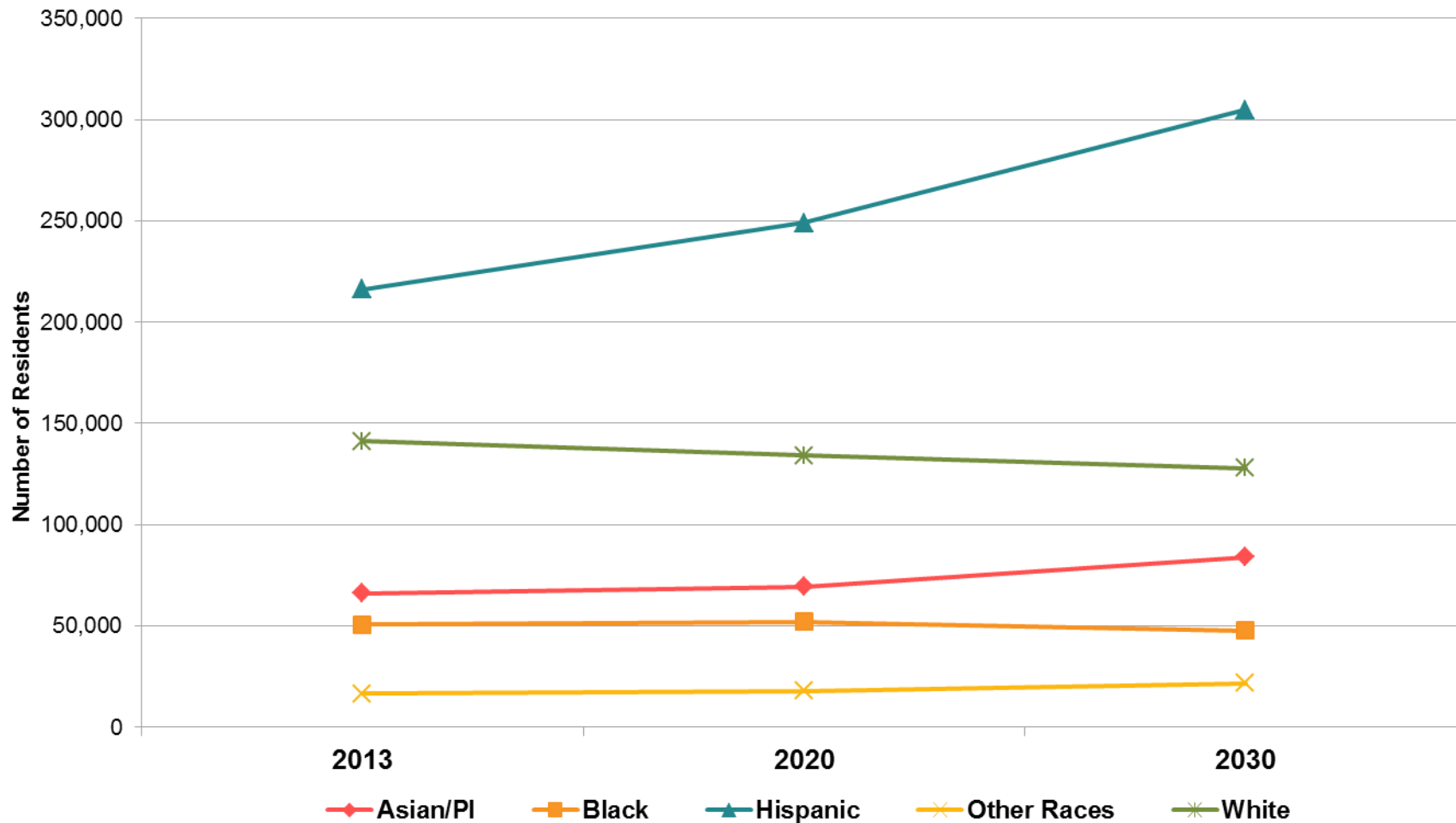Age Distribution Current (2013) and Projections (2020-2030), Central Region, San Diego County

Legend: 0-14, 15-24, 25-44, 45-64, 65+

Y-axis: Number of Residents

X-axis: 2013, 2020, 2030

DEMOGRAPHICS, 2013-2030

Race/Ethnicity Distribution Actual (2013) and Projections (2020-2030), Central Region, San Diego County

Legend: Asian/PI, Black, Hispanic, Other Races, White

LIVE WELL SAN DIEGO

EDUCATION

Educational Status, Population 25 Years and Older, Central Region, 2014

- ■ <High School Graduate
- ■ High School Graduate
- ■ Some College or AA
- ■ Bachelor Degree
- ■ Graduate Degree

10.27%

20.34%

19.26%

20.09%

30.04%
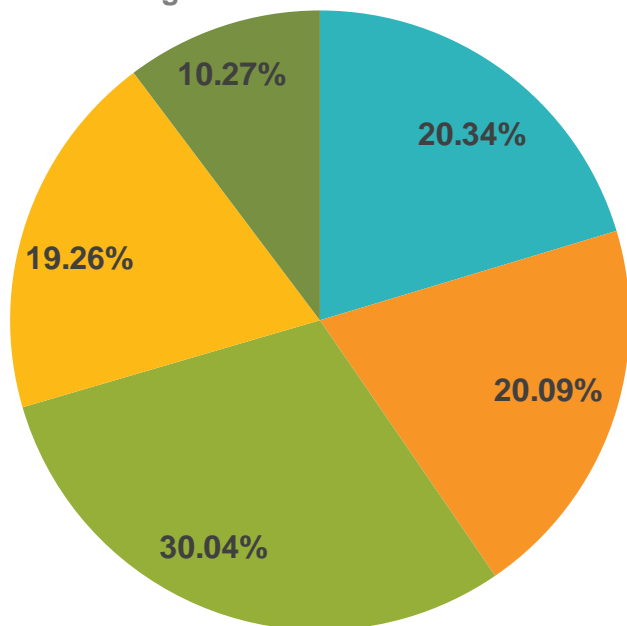
HEALTH INSURANCE

Nearly **a quarter of** Central Region residents do not have health insurance coverage

UNEMPLOYMENT

11% of Central Region residents are unemployed

DEMOGRAPHICS, 2014

INCOME

Total Household Income, Central Region, 2014

- 37.08%
- 14.35%
- 17.61%
- 11.53%
- 11.21%
- 8.22%

Legend:
- ■ <$35,000
- ■ $35,000 to $50,000
- ■ $50,000 to $75,000
- ■ $75,000 to $100,000
- ■ $100,000 to $150,000
- ■ >$150,000
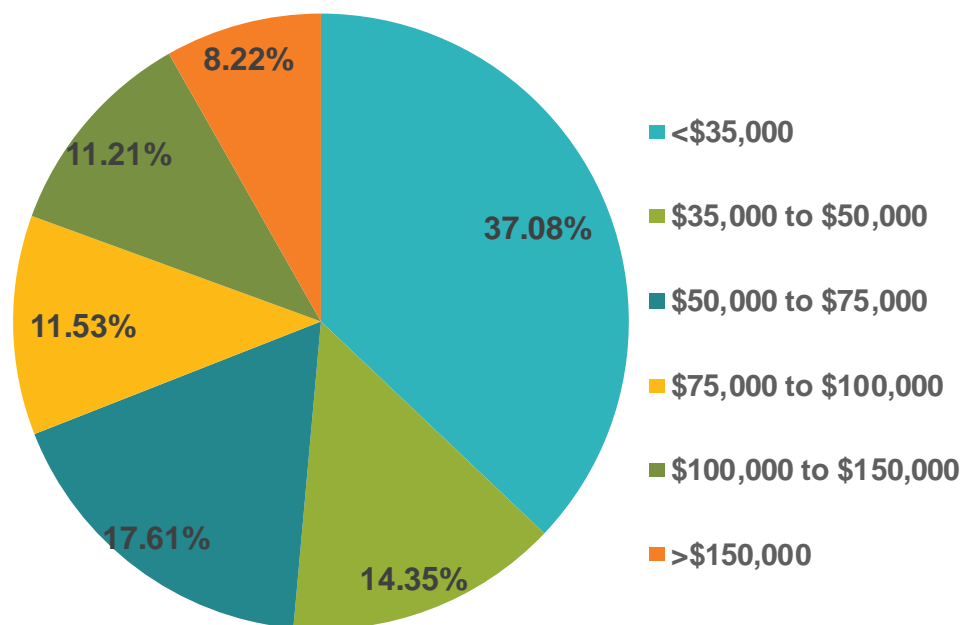
POVERTY

Percent Below Poverty Level	
Population	23.96%
Families	19.53%
Families With Children	29.28%

Nearly **3 in 10** families with children are living below poverty level

DEMOGRAPHICS

CENTRAL REGION ELIGIBILITY BY THE NUMBERS FOR

OCTOBER 2015 DATA MONTH

Program	Cases	Recipients	% Change in Recipients	
			Previous Month	Previous Year
CalFresh	40,101	79,671	0.30%	4.49%
CalWORKs	8,223	20,301	-0.82%	-3.10%
CMS	14	14	-6.67%	-66.67%
General Relief	1,770	1,771	4.30%	12.37%
MediCal	88,824	168,423	1.75%	18.61%
TOTAL	138,932	270,180	1.13%	12.19%

Note: CMS enrollment number based on Clinic

Source: MRH0053R CalWIN Report and Eligiblity Summary (Close Out FY1415 & FY15-16) CMS Report

BUILDING BETTER HEALTH

Did you know…

3 Lead To	**4** Result in	Over **50**
Behaviors	**Diseases**	**Percent**
No Physical Activity Poor Diet Tobacco Use	Cancer Heart Disease & Stroke Type 2 Diabetes Lung Disease	Of deaths In San Diego

Change your life by…

- Walking for 30 minutes every day
- Eating healthy, at least 5 fruits and veggies daily
- Not smoking!
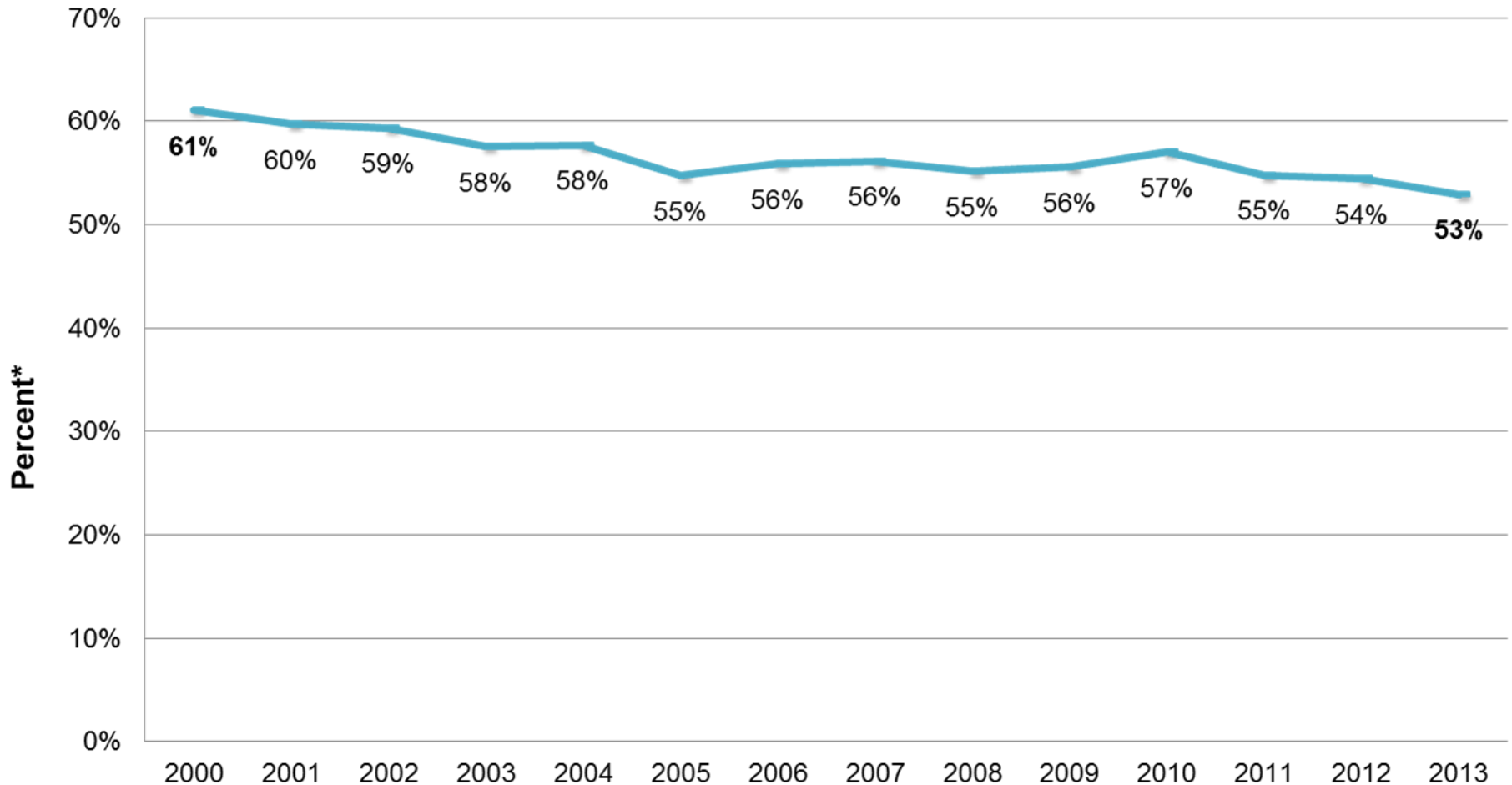
HHSA
COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, TREND 2000-2013

3-4-50 Death† Percentages*Among Central Region Residents, 2000-2013

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

3 BEHAVIORS, 2013

	Central Region	**San Diego County**
Smoking	**1 out of 11** teens and adults were current smokers.	**1 out of 8** teens and adults were current smokers.
Lack of Physical Activity	**26.5%*** of children engaged in physical activity for at least 1 hour daily.	**28.2%** of children engaged in physical activity for at least 1 hour daily.
Poor Diet	**1 out of 4** residents ate fast food three or more times in the past week.	**Over 1 out of 5** residents ate fast food three or more times in the past week.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

4 DISEASES, 2013

LIVE WELL
SAN DIEGO

	Central Region	**San Diego County**
Cancer	Cancer was the leading cause of death.	Cancer was the leading cause of death.
Heart Disease & Stroke	**3.4%** adults had ever been diagnosed with heart disease.	**6.0%** of adults had ever been diagnosed with heart disease.
Diabetes	**1 out of 13*** adults had ever been diagnosed with diabetes.	**1 out of 12** adults had ever been diagnosed with diabetes.
Lung Disease	**1 out of 8** residents had ever been diagnosed with asthma.	**1 out of 8** residents had ever been diagnosed with asthma.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, 2013

LIVE WELL SAN DIEGO

3-4-50 Death† Percentages*
Among San Diego County Residents -
Central Region, 2013
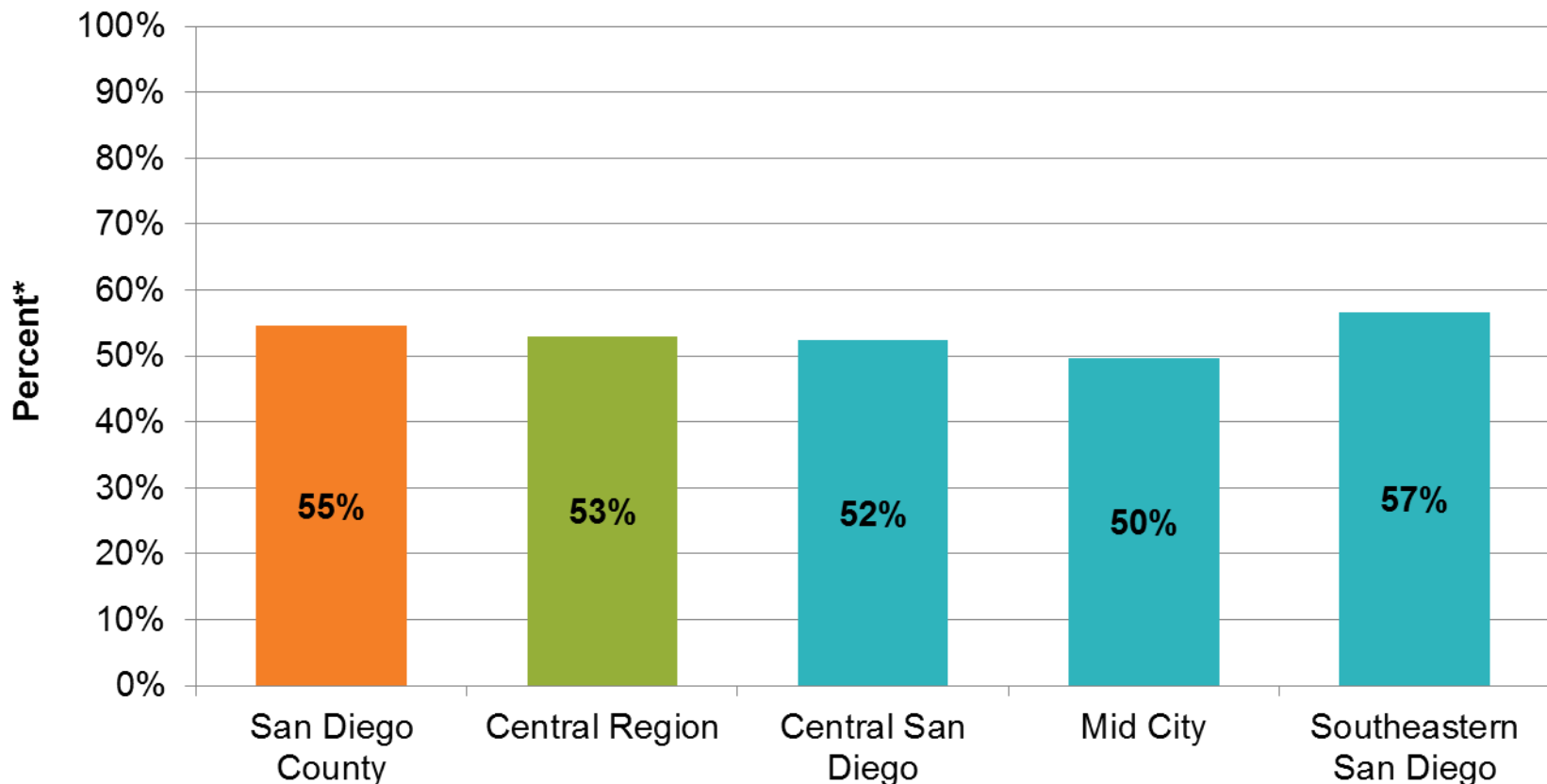
	San Diego County	Central Region	Central San Diego	Mid City	Southeastern San Diego
Percent	55%	53%	52%	50%	57%

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
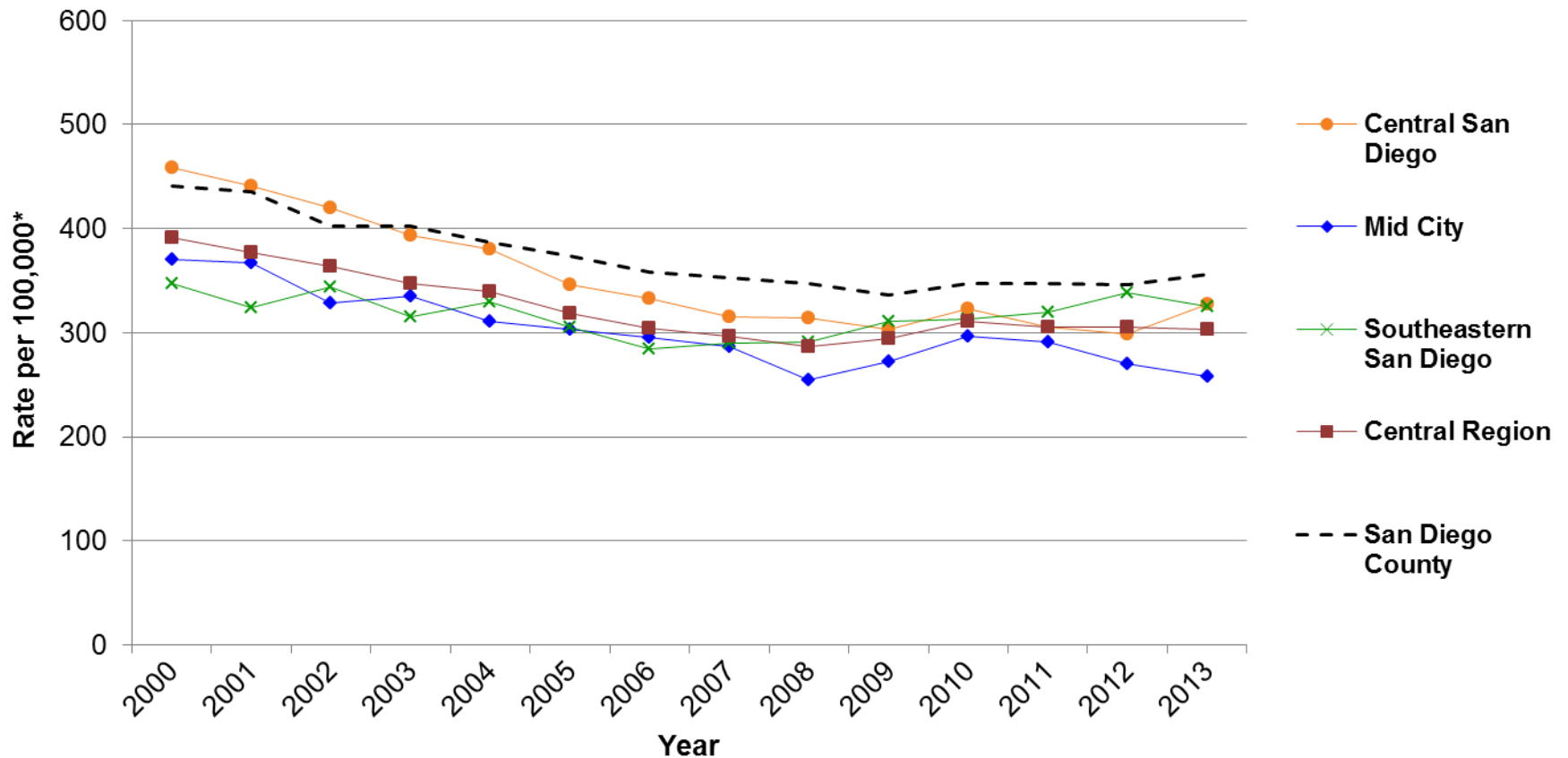*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

3-4-50 CHRONIC DISEASE DEATH RATES, TREND 2000-2013

3-4-50 Death† Rates
Among San Diego County Residents -
Central Region, 2000-2013

Legend:
- Central San Diego
- Mid City
- Southeastern San Diego
- Central Region
- San Diego County

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.
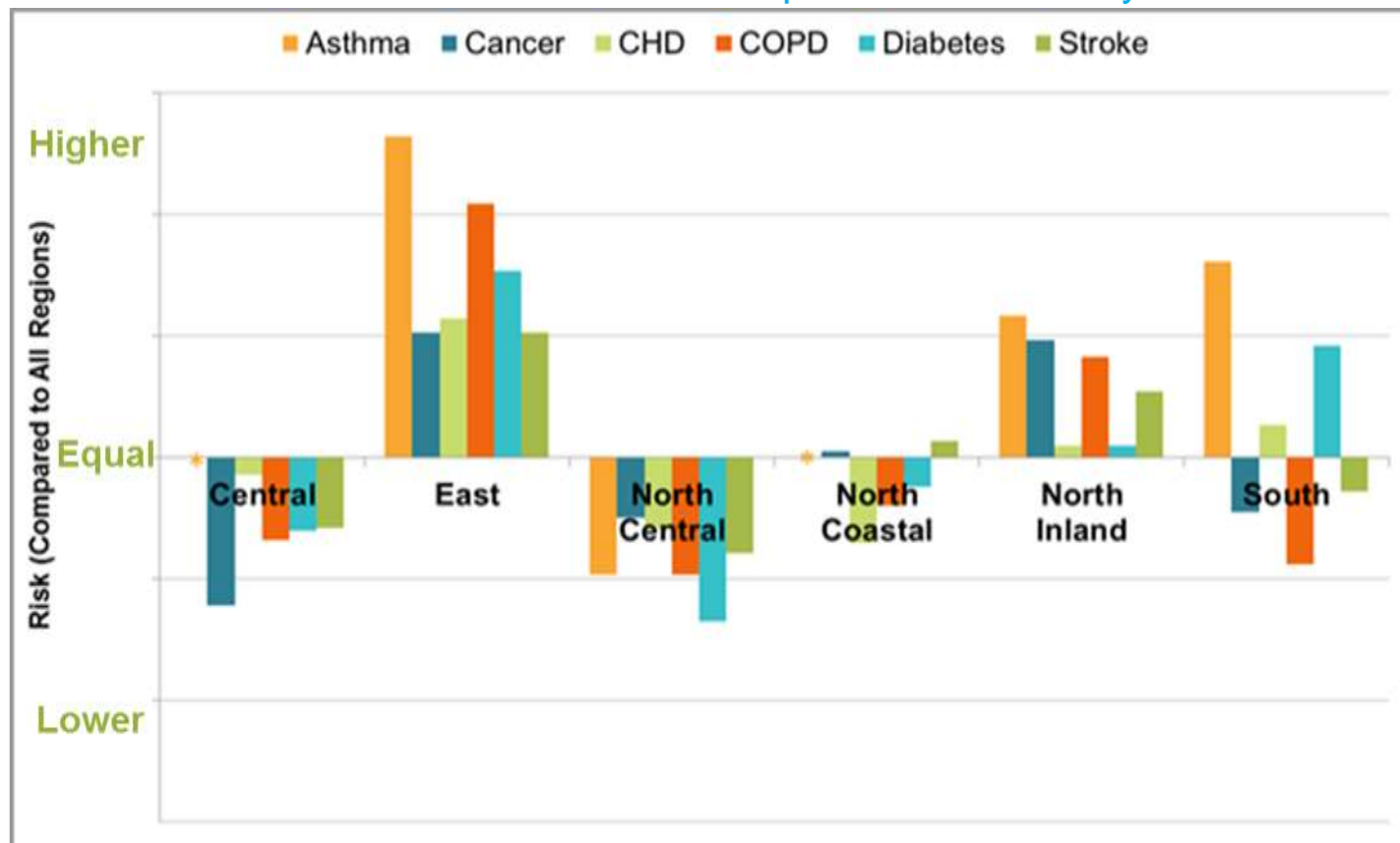
3-4-50 BY HEALTH EQUITY LENSES

San Diego County Data

LIVE WELL
SAN DIEGO

RISK OF 3-4-50 DEATH† OUTCOMES BY SAN DIEGO COUNTY REGION, 2013

Central Region residents were at lower risk of death for all chronic diseases compared to the county.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
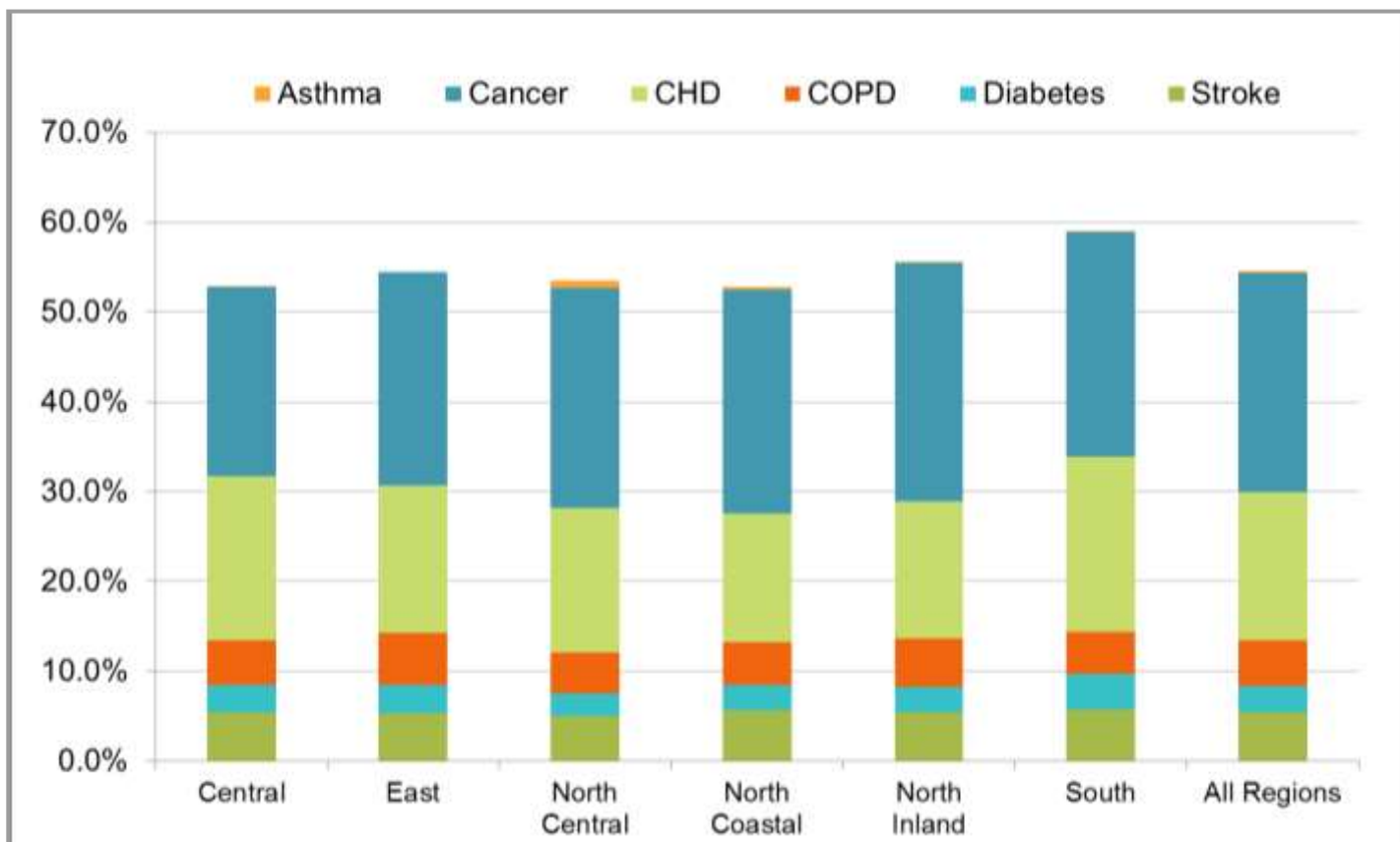Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

PERCENTAGES* OF 3-4-50 DEATHS† IN SAN DIEGO COUNTY BY REGION, 2013

Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.
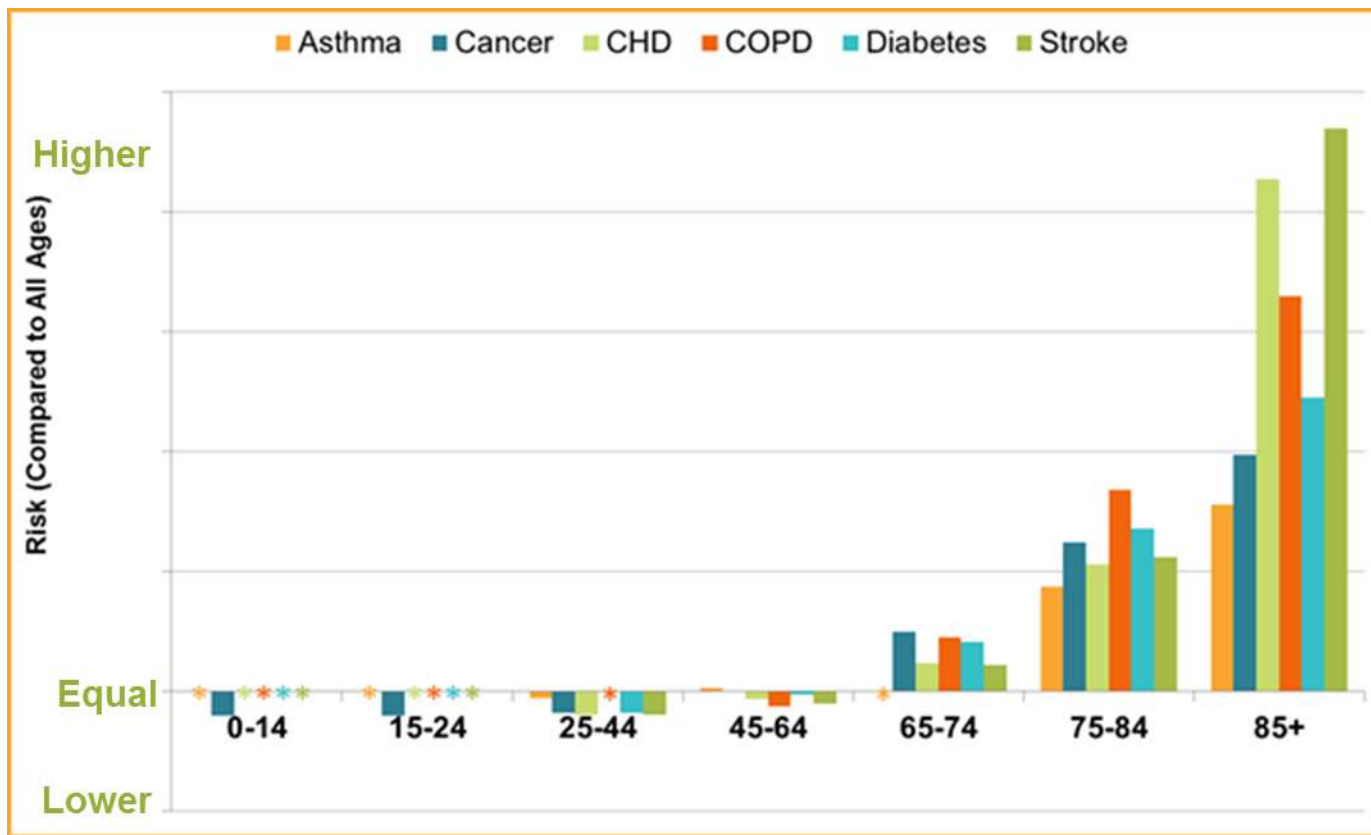
RISK OF 3-4-50 DEATH† OUTCOMES BY AGE GROUP, 2013

The percent of the population 65 and older in Central Region is 9.4%.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

RISK OF 3-4-50 DEATH† OUTCOMES BY GENDER GROUP, 2013

The ratio of Males to Females in Central Region is 51% to 49%.

Urbanicity in San Diego County by HHSA Region

RISK OF 3-4-50 DEATH† OUTCOMES BY GEOGRAPHY GROUP, 2013

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
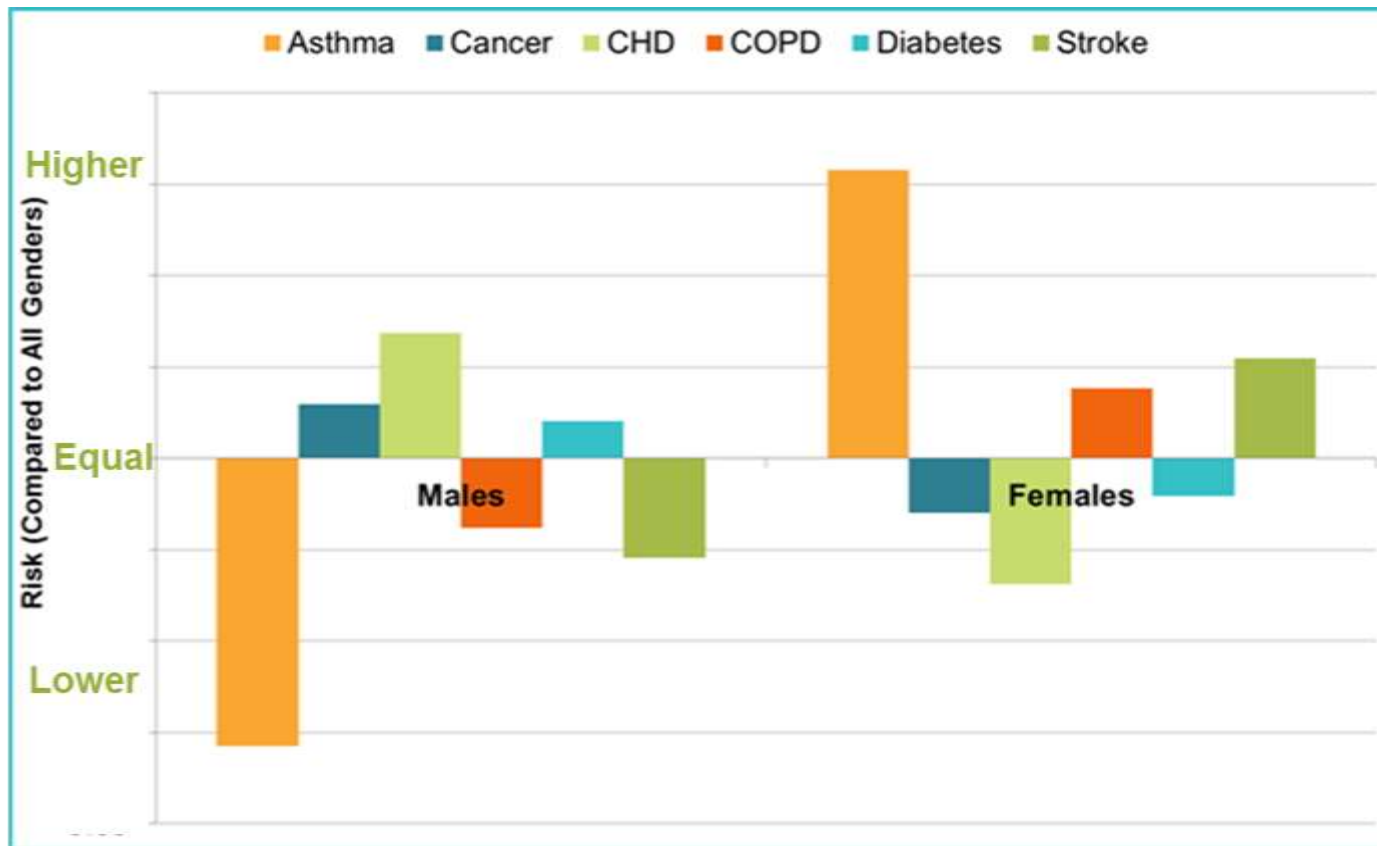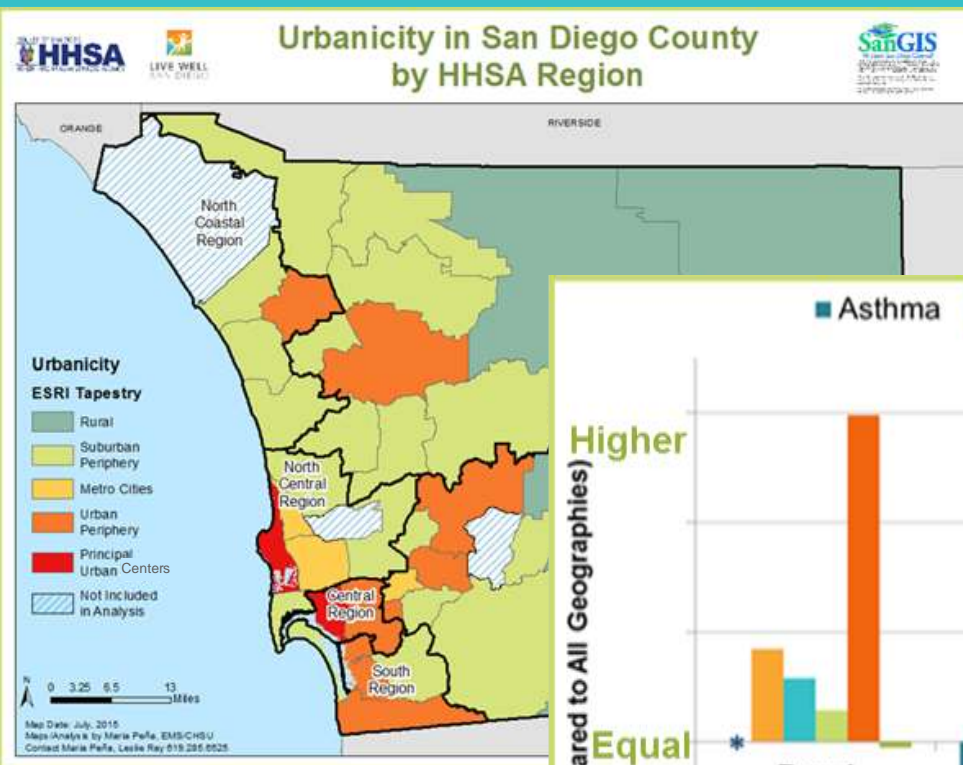Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

3-4-50 BY RACE/ETHNICITY

RISK OF 3-4-50 DEATH† OUTCOMES BY RACE/ETHNICITY GROUP, 2013

- The percent of whites in Central Region is 28.8%.
- The percent of blacks in Central Region is 10.3%.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
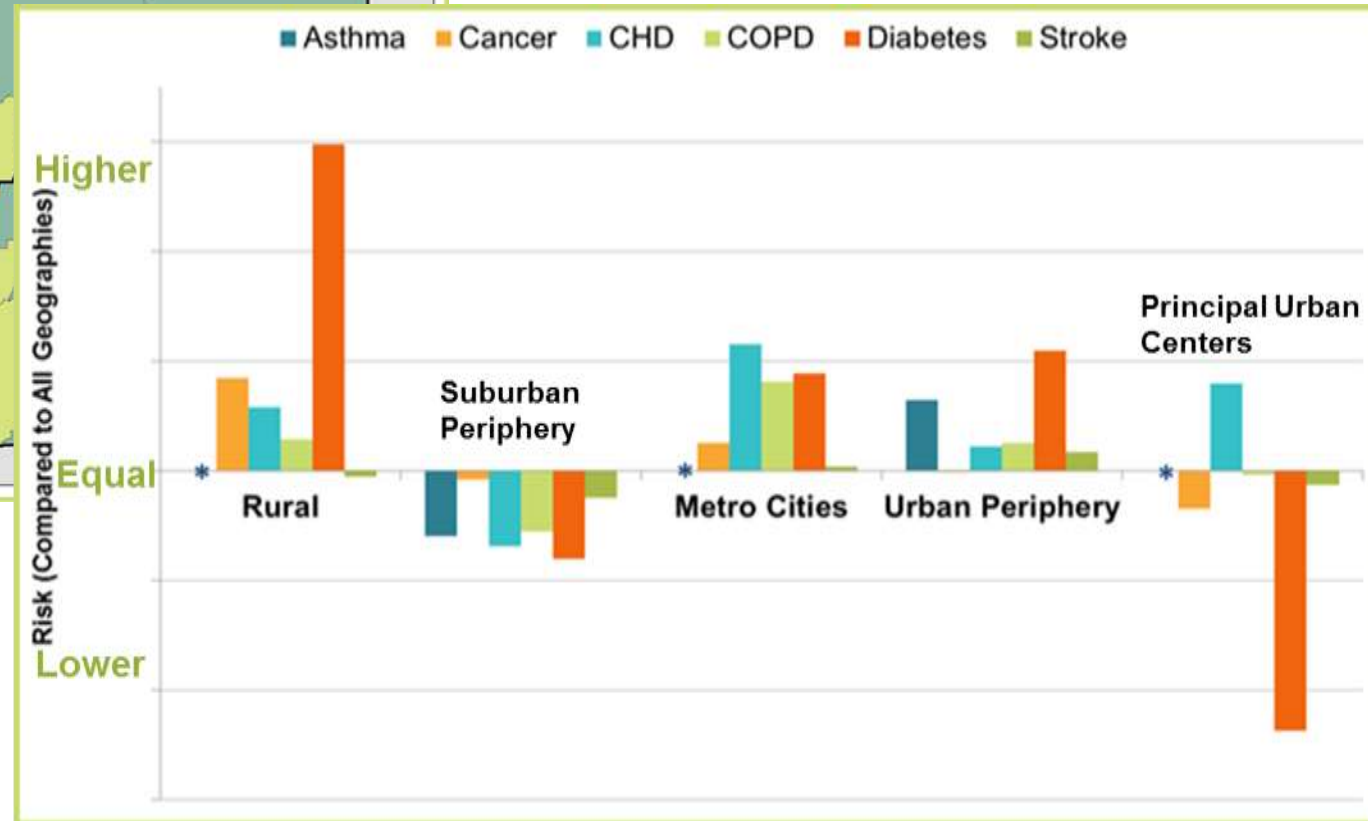*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

LIVE WELL SAN DIEGO

RISK OF 3-4-50 DEATH† OUTCOMES BY SOCIOECONOMIC STATUS, 2013

Central Region consists of communities
in the Lowest and Low SES categories.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
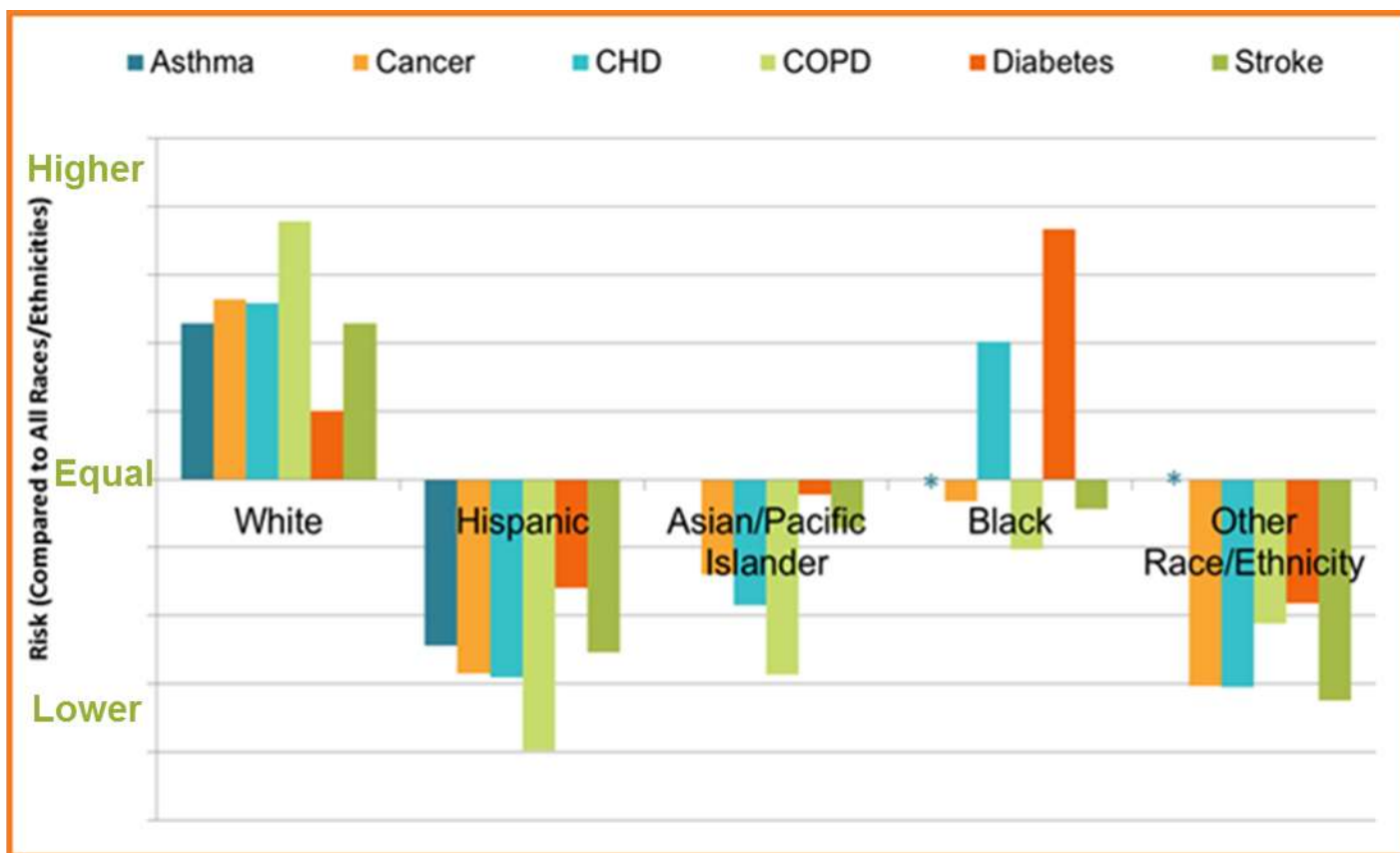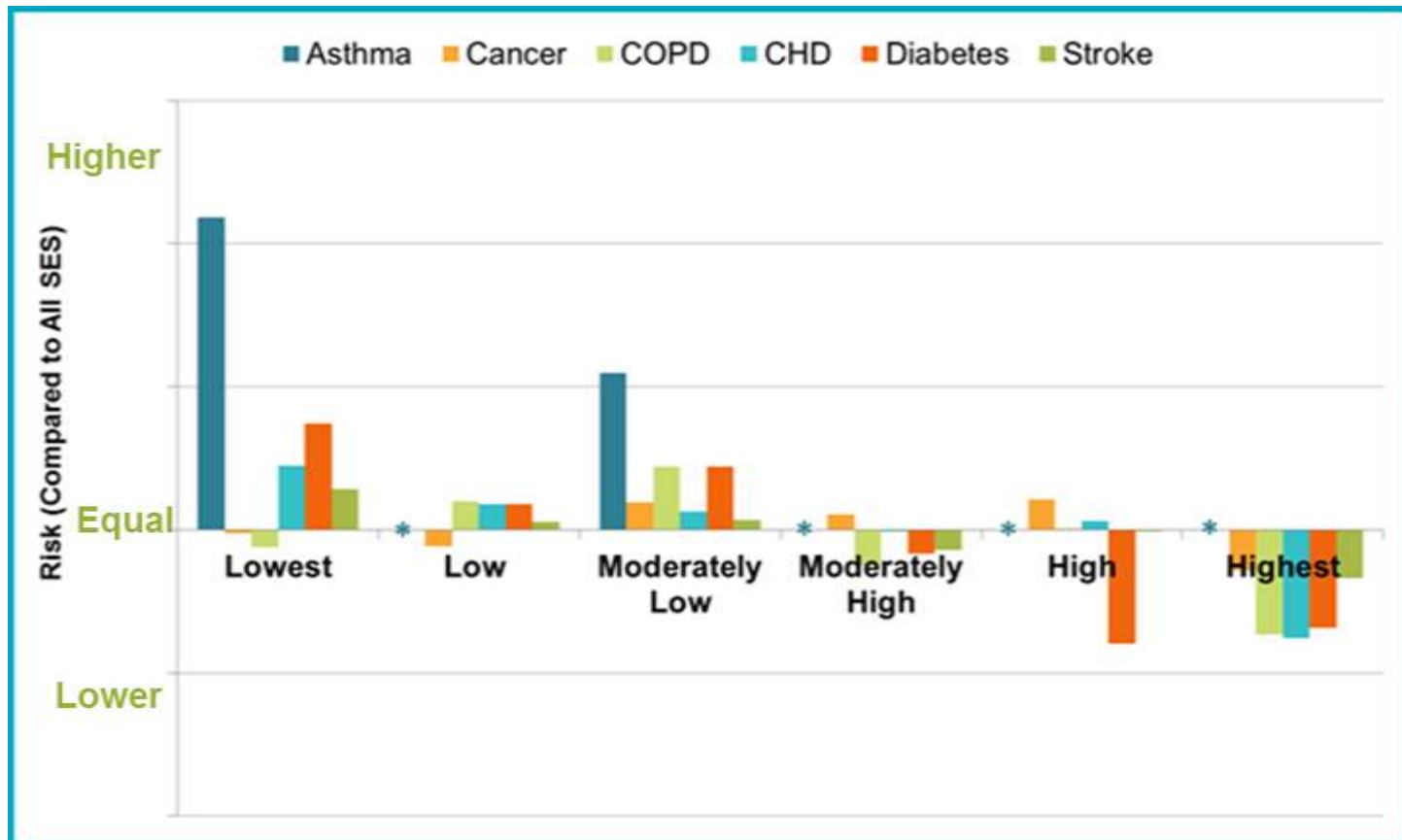Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

EXPLORING BEHAVIORAL HEALTH TRENDS IN CENTRAL REGION

LIVE WELL SAN DIEGO

Behavioral Health Data, Trends and Projections, Central Region, 2010-2030

Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Health and Human Services Agency Regions, 55 Years and Older, San Diego County, 2012-2030

Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

ADOD PROJECTIONS BY COMMUNITY

Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Sub-Regional Area of the Health and Human Services Agency Central Region, 55 Years and Older, San Diego County, 2013-2030

Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.
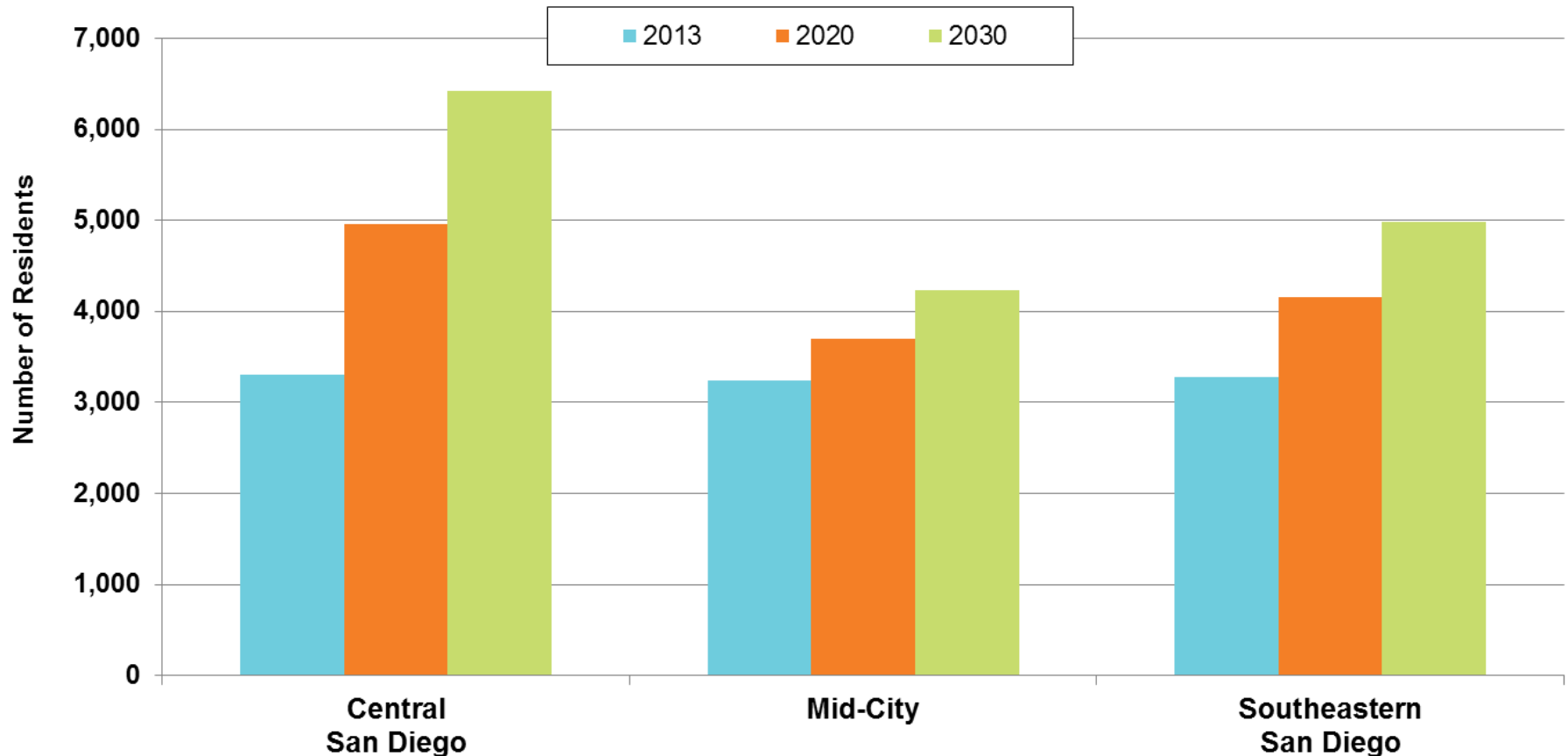
EXPLORING SAFETY AND INJURY TRENDS IN CENTRAL REGION

LIVE WELL SAN DIEGO

SAFETY AND INJURY INDICATORS

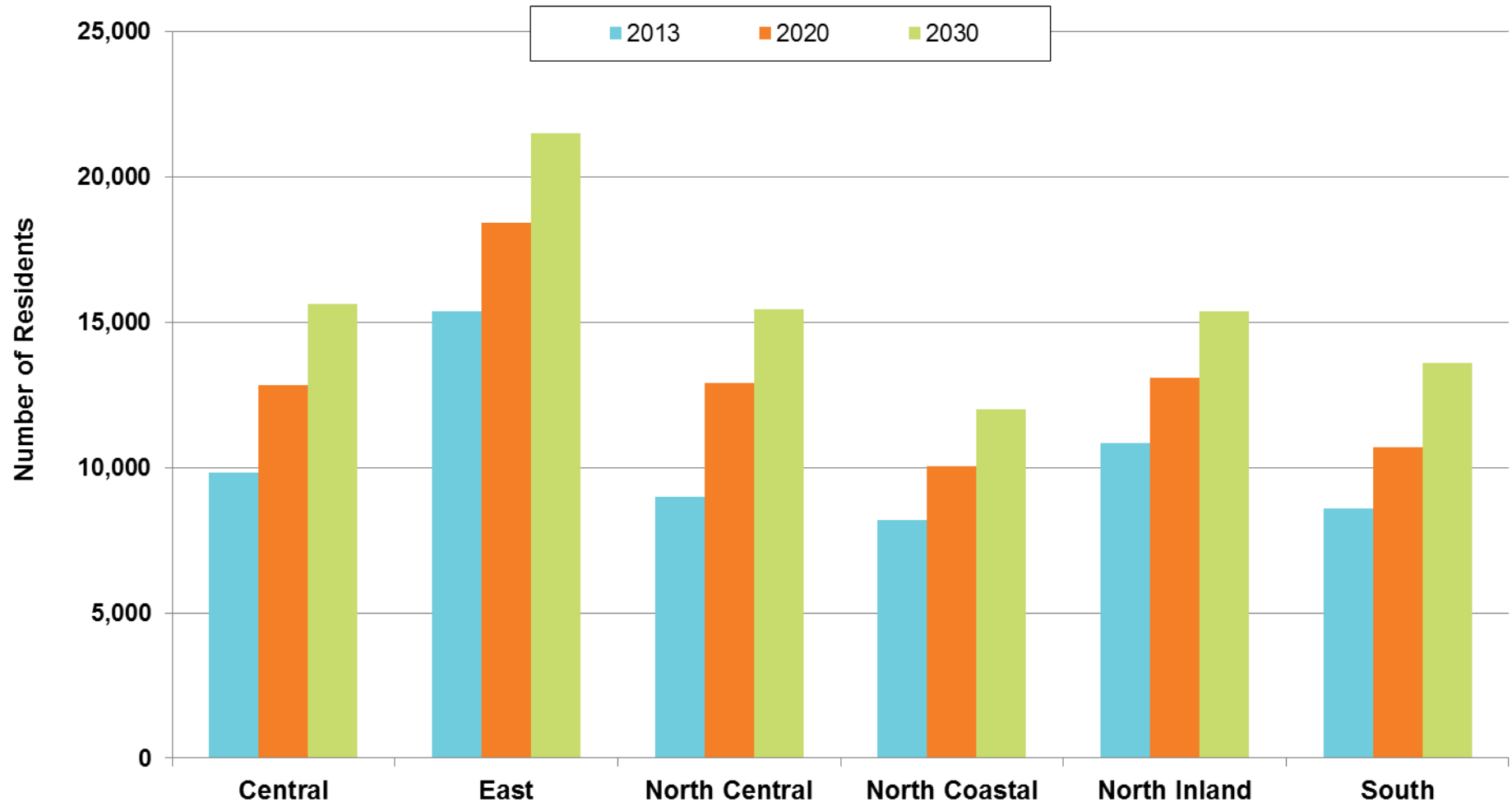| Indicator	Central San Diego Rate* (Risk)	Mid City Rate* (Risk)	Southeastern San Diego Rate* (Risk)	Central Region Rate* (Risk)	County Rate* (Risk)	Higher or Lower than County
Unintentional Injuries						
Unintentional Injury (All Causes)	6,902.26	6,146.90	6,672.85	6,574.44	5,718.97	↑
Fall-Related Injury	2,654.95	2,156.51	2,184.47	2,336.15	2,155.28	↑
Overdose/Poisoning	426.70	277.75	270.04	326.27	259.88	↑
Motor Vehicle Injury	685.94	779.28	822.83	761.30	602.52	↑
Pedestrian Injuries by Residence	107.27	72.17	66.72	83.66	45.36	↑

*Rates are per 100,000 population
Source: Death Statistical Master Files (CDPH), Patient Discharge Database (CA OSHPD), Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch

SAFETY AND INJURY INDICATORS

Indicator	Central San Diego Rate* (Risk)	Mid City Rate* (Risk)	Southeastern San Diego Rate* (Risk)	Central Region Rate* (Risk)	County Rate* (Risk)	Higher or Lower than County
Intentional Injuries						
Homicide†	5.36	3.64	7.62	5.51	2.79	↑
Assault	746.13	409.35	465.10	542.56	277.03	↑
Suicide††	20.86	11.52	10.17	14.28	13.63	↑
Self-Inflicted Injuries	234.80	141.30	125.17	168.14	140.59	↑
Firearm-Related Injury**	29.20	17.59	27.96	24.89	17.18	↑

*Rates are per 100,000 population
** Unintentional and Intentional injury
† Homicide refers to (underlying cause of death) ICD-10 codes U01-U02, X85-Y09, Y87.1.
††Suicide refers to (underlying cause of death) ICD-10 codes U03, X60-X84, Y87.0.
Source: Death Statistical Master Files (CDPH), Patient Discharge Database (CA OSHPD), Emergency Department Discharge Database (CA OSHPD),County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch

SAFETY AND INJURY INDICATORS

Indicator	Central San Diego Rate* (Risk)	Mid City Rate* (Risk)	Southeastern San Diego Rate* (Risk)	Central Region Rate* (Risk)	County Rate* (Risk)	Higher or Lower than County
Motor Vehicle Crashes						
Total Injuries due to MVC	896.18	532.43	413.29	618.30	578.29	↑
Alcohol Involved MVC	118.69	66.10	63.68	83.27	76.45	↑
Drinking Driver Involved MVC	65.34	46.09	38.21	50.13	49.21	↑
Pedestrian Injuries by Occurrence	115.69	49.12	34.39	67.11	35.15	↑

Note: SWITRS data presented is 2012 data.
*Rate per 100,000 population
Source: SWITRS Database, County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services

LEADING CAUSES OF DEATH IN CENTRAL REGION

Leading Causes of Death in Central Region, Health Projections (2010-2030)
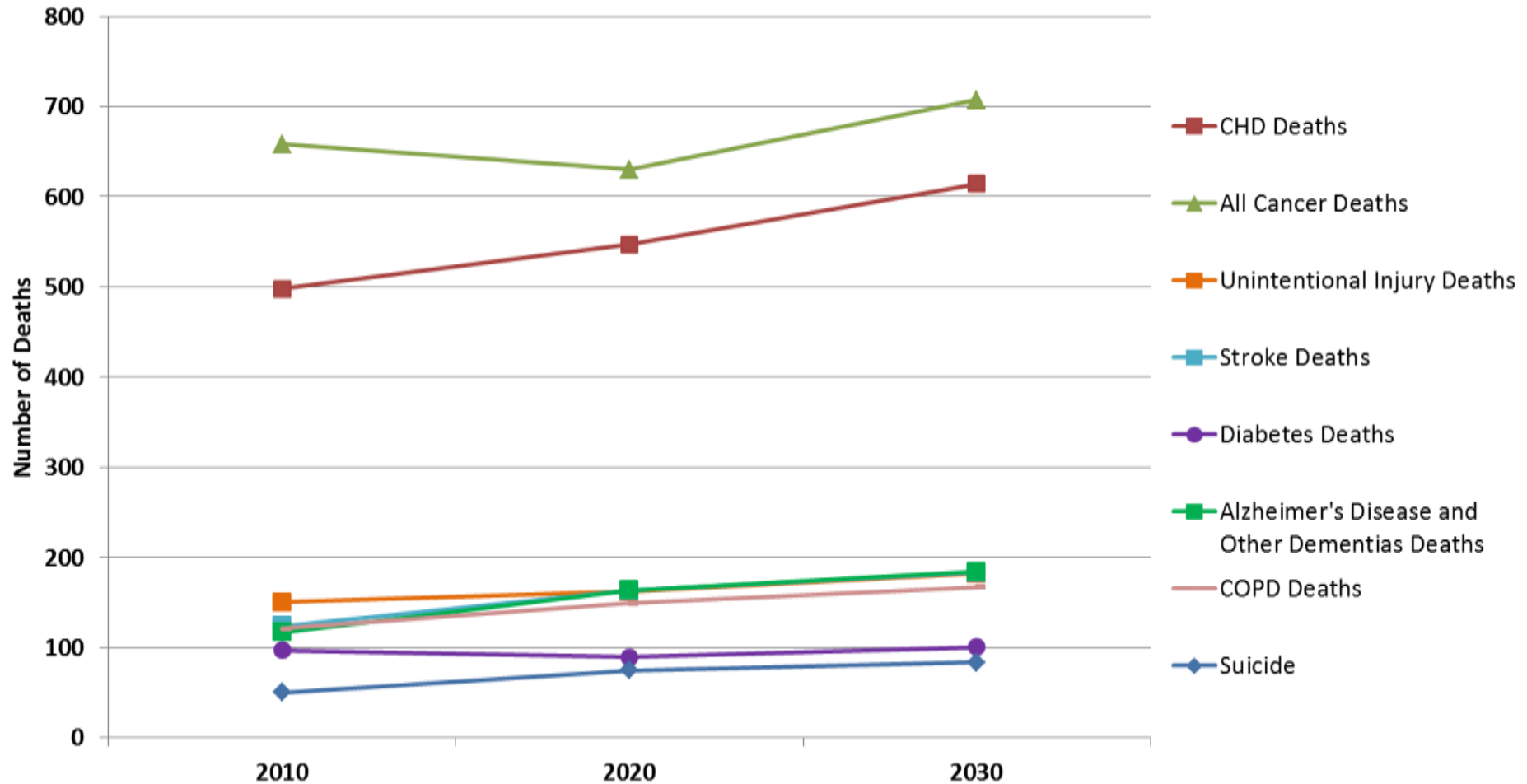
Legend:
- CHD Deaths
- All Cancer Deaths
- Unintentional Injury Deaths
- Stroke Deaths
- Diabetes Deaths
- Alzheimer's Disease and Other Dementias Deaths
- COPD Deaths
- Suicide

Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

CENTRAL REGION
LIVE WELL SAN DIEGO INDICATORS

LIVE WELL SAN DIEGO

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego
Central Sub-Regional Areas
Community Indicators - 2015

Return to Central Region Community Map

Indicator	Central Region Communities			Central Region (HHSA)	San Diego County	California	United States
	Central San Diego	Mid-City	Southeast San Diego				
HEALTH							
Life Expectancy							
Measure of length and duration of life expected at birth	81.7 yrs	79.9 yrs	80.9 yrs	80.9 yrs	82.3 yrs	81.2 yrs	78.8 yrs
Percent of population who smoked cigarettes in the last 12 months	19.6%	19.4%	16.6	18.7%	16.8%	16.9%	20.9%
Percent of population spending 2 or more hours exercising per week	54.7%	47.6%	46.9%	50.1%	54.4%	52.3%	49.2%
Percent of population having visited a doctor in the last 12 months 6 or more times	25.5%	23.9%	24.1%	24.6%	28.8%	28.5%	29.4%
Quality of Life							
Percent of population that is sufficiently healthy to be able to live independently (not including those who reside in nursing homes or other institutions)	N/A	N/A	N/A	N/A	95.0%	94.5%	94.2%
KNOWLEDGE							
Education							
Percent of population with a High School Diploma or Equivalent	85.6%	76.0%	69.7%	77.6%	84.7%	81.7%	86.6%
Percent of population with less than a High School Diploma or Equivalent	14.4%	24.0%	30.3%	22.4%	15.3%	18.3%	13.4%
Percent of population with a Bachelor's Degree	40.9%	24.3%	14.0%	27.4%	33.4%	31.0%	29.6%
Percent of population with a Graduate or Professional Degree	16.2%	8.8%	2.7%	9.7%	12.7%	11.5%	11.2%
Percent of combined gross school enrollment of school aged population	92.1%	91.3%	86.0%	89.9%	89.4%	90.0%	88.1%
STANDARD OF LIVING							
Unemployment							
Percent of the total labor force that is unemployed (actively seeking employment and willing to work)	9.2%	12.0%	14.0%	11.6%	10.3%	11.5%	9.7%
Income							
Percent of population spending less than 1/3 of income on housing	49.4%	44.0%	43.9%	45.9%	49.9%	53.5%	63.3%
Per Capita Income	36,039	21,222	17,349	25,587	31,197	29,527	28,155
Median Household Income	52,555	45,205	51,208	49,791	67,349	60,190	52,250

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego
Central Sub-Regional Areas
Community Indicators - 2015

Indicator	Central Region Communities			Central Region (HHSA)	San Diego County	California	United States
	Central San Diego	Mid-City	Southeast San Diego				
Percent of population with an interest or non-interest checking account	50.1%	43.7%	42.4%	45.8%	55.5%	53.3%	57.1%
Percent of population with a savings account	51.2%	44.1%	44.3%	46.8%	54.4%	51.8%	53.5%
Percent of population with either a 401 (K), 403 (b), or an IRA retirement savings plan	26.4%	20.7%	21.1%	23.0%	31.8%	29.6%	30.2%
COMMUNITY **Security**							
Number of crimes per 100,000 people (all crimes including violent and property)	N/A	N/A	N/A	N/A	2,138.7	2,837.2	2,961.6
Number of unintentional injuries per 100,000 people	6,902.26	6,146.90	6,672.85	6,574.44	5,718.97	6,344.30	N/A
Percent of population that feels safe in their neighborhood	N/A	N/A	N/A	83.1%	93.2%	87.0%	N/A
COMMUNITY **Physical Environment**							
Percent of days that air quality was rated unhealthy	N/A	N/A	N/A	N/A	4.7%	5.8%	N/A
Air Quality Ozone Design Value: Design Value is an average of ozone concentration of the 4th high 8-hour intervals over a 3 year period (2011-2013)	N/A	N/A	N/A	0.055	N/A	N/A	N/A
Air Quality Particulate Matter: Average number of collected particulate matter samples at the 98th percentile over a 3 year period (2011-2013)	N/A	N/A	N/A	22.1	N/A	N/A	N/A
Rate of water quality violations per year for federally regulated drinking water contaminants per 100,000 people	N/A	N/A	N/A	N/A	2.0	7.3	48.1
Percent of beach days under a Beach Notification Action (advisories and closures)	N/A	N/A	N/A	N/A	1.7%	4.7%	5.4%
Percent of population who recycled products in the last 12 months	65.3%	53.8%	60.6%	60.2%	64.6%	63.5%	57.6%

Return to Central Region Community Map

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego
Central Sub-Regional Areas
Community Indicators - 2015

Return to Central Region Community Map

Indicator	Central Region Communities			Central Region (HHSA)	San Diego County	California	United States
	Central San Diego	Mid-City	Southeast San Diego				
Built Environment							
Percent of population living within a half mile of a park	N/A	N/A	N/A	N/A	50.0%	58.0%	36.8%
Number of recreational facilities per 100,000 people	N/A	N/A	N/A	N/A	15.6	14.9	12.8
Percent of population using public transportation to work	6.3%	5.7%	5.3%	5.8%	3.1%	5.2%	5.0%
Percent of population with over 60 minutes travel time to work	4.5%	5.0%	4.9%	4.7%	5.5%	10.0%	8.1%
Average travel time to work for workers age 16 or older (in minutes)	3.2	2.5	1.9	2.6	24.4	27.2	25.5
SOCIAL							
Vulnerable Populations							
Percent of population with income of 200 percent of poverty or less, who have experienced food insecurity	N/A	N/A	N/A	56.5%	38.1%	38.4%	N/A
Percent of population with self-care difficulty (have difficulty caring for themselves)	N/A	N/A	N/A	N/A	2.5%	3.0%	3.1%
Percent of population who are a primary caregiver/caretaker	5.9%	6.6%	7.2%	6.5%	6.3%	6.5%	7.0%
Percent of population without health insurance (18 to 64 years of age)	28.7%	29.9%	34.9%	31.0%	22.7%	24.5%	20.6%
Percent of population with linguistic isolation (unable to communicate effectively in English)	9.5%	12.4%	13.4%	11.6%	8.6%	9.9%	4.6%
Percent of population who have access to Internet at home using a computer	78.6%	70.9%	76.2%	75.4%	82.7%	81.1%	78.6%
Community Involvement							
Percent of residents who volunteer	N/A	N/A	N/A	N/A	26.9%	24.3%	25.4%
Percent of the population who donates to charity	N/A	N/A	N/A	N/A	55.9%	48.7%	51.0%
Percent of residents registered to vote who voted in the 2012 presidential election	N/A	N/A	N/A	N/A	77.0%	72.4%	61.8%
Percent of population who voted in Federal, State, or local elections in the last 12 months	43.9%	32.4%	32.0%	36.6%	43.8%	40.7%	44.5%
Percent of population who volunteered for a charitable organization in the last 12 months	15.4%	11.6%	10.1%	12.6%	15.6%	14.5%	15.1%
Percent of population who contributed to a political organization in the last 12 months	5.1%	4.0%	3.4%	4.2%	4.9%	4.7%	4.3%
Percent of population who contributed to arts and cultural organizations in the last 12 months	6.1%	3.8%	3.0%	4.4%	5.1%	4.8%	4.2%

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego

Central Sub-Regional Areas

Community Indicators - 2015

Return to Central Region Community Map

Indicator	Central Region Communities			Central Region (HHSA)	San Diego County	California	United States
	Central San Diego	Mid-City	Southeast San Diego				
Percent of population who contributed to educational organizations in the last 12 months	7.7%	6.7%	6.6%	7.1%	9.5%	9.0%	9.0%
Percent of population who contributed to environmental organizations in the last 12 months	6.4%	4.3%	3.0%	4.7%	5.6%	5.1%	4.8%
Percent of population who contributed to health organizations in the last 12 months	8.2%	5.9%	6.1%	6.8%	9.1%	8.6%	8.8%
Percent of population who contributed religious organizations in the last 12 months	18.1%	17.2%	19.1%	18.1%	24.2%	23.4%	25.3%
Percent of population who contributed to social service organizations in the last 12 months	8.8%	6.2%	5.9%	7.0%	9.4%	8.6%	8.8%

View Indicator Description and Source Notes

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

A CLOSER LOOK INTO CENTRAL REGION

Community Health Improvement Plans (CHIP)

LIVE WELL SAN DIEGO

CENTRAL REGION
COMMUNITY HEALTH IMPROVEMENT PLAN

PRIORITY AREA 1: WORKSITE WELLNESS

GOAL: REDUCE THE BURDEN OF CHRONIC DISEASES FOR PEOPLE WORKING IN CENTRAL REGION.

Objective(s)		Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.1	Increase the percentage of people working in Central Region who are physically active by 5%, by 2018.	Percentage of adults who exercise at home, in a club, or at another facility 2 or more times a week	ESRI Community Analyst Health and Beauty Market Potential Statistics	49.9%	46.0%	N/A
1.1.2	Increase the percentage of people working in Central Region who eat healthy by 5%, by 2018.	Ate fast food 2 or more times in past week	California Health Interview Survey	40.5%	41.9%	34.9%
		Percentage adults who face food insecurity	California Health Interview Survey	47.6%	42.6%	56.5%
		Eligible population not currently enrolled in CalFresh	Community Health Statistics Unit	N/A	10,600 households (Baseline 2013)	N/A
1.1.3	Decrease the percentage of smokers among people working in Central Region by 5%, by 2018.	Percentage of adults who have stopped smoking (former smokers)	California Health Interview Survey	20.1%	22.6%	34.7%
1.1.4	Decrease the percentage of stress among people working in Central Region by 5%, by 2018.	Percentage of adults with an emotional work impairment in the last 12 months	California Health Interview Survey	9.5%	7.0%* *statistically unstable	16.5%* *statistically unstable

GOAL: INCREASE THE NUMBER OF SAFE ROUTES TO SAFE PLACES AND NEIGHBORHOODS.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.1.1 Increase the percentage of schools participating in Safe Routes to Schools by 5%, by 2018.	Percentage of children ages 5-11 who engaged in physical activity for at least one hour daily	California Health Interview Survey	21.8%* *statistically unstable	26.5%* *statistically unstable	36.6%* *statistically unstable
	Percentage of teens ages 12-18 who engaged in physical activity for at least one hour daily	California Health Interview Survey	9.9%* *statistically unstable	19.8%* *statistically unstable	*statistically unstable No data available
3.2.1 Increase the percentage of teens who report using the parks by 5%, by 2018.	Percentage of children and teens under the age of 18 who visited a park, playground, or open space in last month	California Health Interview Survey	75.1%	86.8%* *statistically unstable	88.4%* *statistically unstable

PRIORITY AREA 4: FOOD EQUITY/ACCESS TO HEALTHY FOOD

GOAL: INCREASE HEALTHY EATING IN CENTRAL REGION.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
4.1.1 Increase Central Region resident fruit and vegetable consumption by 5% by June 2018.	Percent of children ages 5-11 eating 5 or more fruits and veggies per day	California Health Interview Survey	56.8%	N/A	N/A
	Percent of children ages 5-11 eating 2 or more fruits per day	California Health Interview Survey	56.7%	70.5% *statistically unstable	58.4%* *statistically unstable
	Percent of children ages 5-11 eating 2 or more veggies per day	California Health Interview Survey	N/A	44.4%	58.9%
	Percent of teens ages 12-17 eating 5 or more fruits and veggies per day	California Health Interview Survey	11.4%* *statistically unstable	N/A	N/A
	Percent of teens ages 12-17 eating 2 or more fruits per day	California Health Interview Survey	48.2%	30.3% *statistically unstable	69.0%* *statistically unstable
	Percent of teens ages 12-17 eating 2 or more veggies per day	California Health Interview Survey	N/A	25.1%	38.2%

PRIORITY AREA 5: TOBACCO*

DECREASE ACCESS, EXPOSURE, AND USE OF TOBACCO PRODUCTS IN MID-CITY, SOUTHEAST SAN DIEGO AND BARRIO LOGAN COMMUNITIES AMONGST RESIDENTS WHO ARE MOST LIKELY TO BE TARGETED BY, AND VULNERABLE TO, TOBACCO INDUSTRY MARKETING STRATEGIES.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
5.1.1 Decrease the percentage of current teen smokers and current adult smokers by 10%, by 2018.	Percentage of teens aged 12-17 who are current smokers	California Health Interview Survey	10%* *statistically unstable	*statistically unstable No data available	*statistically unstable No data available
	Percentage of adults, 18-64 who are current smokers	California Health Interview Survey	17.5%	10.7%	12.7%* *statistically unstable

CENTRAL REGION

- Chronic disease is the leading cause of death among Central Region residents.

  - **Cancer is the number one cause of death**, followed by CHD.

  - Among the Central Region SRAs in 2013, **Southeastern San Diego had the highest percentages of deaths due to 3-4-50 chronic diseases at 57%**. This is higher than the Region and County overall.

- With the population of those 65 years and older projected to have the largest increase by 2030, Alzheimer's Disease and Other Dementias (ADOD) is one of the leading health concerns in the Central Region:

  - By 2030, there will be an estimated **15,600** Central Region residents 55 and older, living with ADOD; a 58.9% increase between 2013 and 2030.

For more information, including data, resources and reports, from Public Health Services:

www.SDHealthStatistics.com

QUESTIONS?

LIVE WELL SAN DIEGO